



Bosc Pears in Rosé Wine with Persimmon Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 medium but bosc pears firm cored ripe peeled halved
- ☐ 1 tablespoon butter
- ☐ 1.3 cups semi-dry rosé wine
- ☐ 0.3 cup wildflower honey
- ☐ 6 thyme sprigs fresh

Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in heavy large skillet overmedium-high heat.
- ☐ Add pears, outside down. Tuck thyme sprigs around pears. Cook until cut sides are brown (donot turn pears over), about 3 minutes.
- ☐ Transfer pears to plate.
- ☐ Add rosé wineand wildflower honey to same skillet andboil until mixture is reduced to about 1cup, scraping up any browned bits, about4 minutes. Reduce heat to medium-lowand add pears, cut side up. Spoon some ofjuices in skillet over pears, cover skillet,and simmer until pears are tender, about10 minutes. DO AHEAD: Pears can be made4 hours ahead. Uncover and let stand atroom temperature. Rewarm pears beforecontinuing, if desired.
- ☐ Place 1 warm or room-temperaturepear half, cut side up, on each of 6 plates.
- ☐ Drizzle pears with sauce from skillet.Spoon scoop of Persimmon Ice Creamalongside pears and serve.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:10.07, Inflammation Score:-8, Nutrition Score:2.2969565057884%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Petunidin: 1.77mg, Petunidin: 1.77mg, Petunidin: 1.77mg, Petunidin: 1.77mg Delphinidin: 2.23mg, Delphinidin: 2.23mg, Delphinidin: 2.23mg, Delphinidin: 2.23mg Malvidin: 13.99mg, Malvidin: 13.99mg, Malvidin: 13.99mg, Malvidin: 13.99mg Peonidin: 0.99mg, Peonidin: 0.99mg, Peonidin: 0.99mg, Peonidin: 0.99mg Catechin: 4.35mg, Catechin: 4.35mg, Catechin: 4.35mg, Catechin: 4.35mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 9.03mg, Epicatechin: 9.03mg, Epicatechin: 9.03mg, Epicatechin: 9.03mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 155.68kcal (7.78%), Fat: 2.03g (3.13%), Saturated Fat: 1.22g (7.65%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 23.87g (8.68%), Sugar: 20.28g (22.53%), Cholesterol: 5.02mg (1.67%), Sodium: 16.55mg (0.72%), Alcohol: 5.6g (100%), Alcohol %: 4.44% (100%), Protein: 0.48g (0.95%), Fiber: 2.93g (11.71%), Vitamin C: 5.5mg (6.66%), Copper: 0.08mg (4.18%), Vitamin K: 4.08µg (3.89%), Manganese: 0.07mg (3.56%), Potassium: 117.24mg (3.35%), Vitamin A: 128.07IU (2.56%), Iron: 0.39mg (2.19%), Magnesium: 8.16mg (2.04%), Vitamin B2: 0.03mg (2%), Folate: 7.03µg (1.76%), Vitamin B6: 0.03mg (1.64%), Calcium: 13.47mg (1.35%), Phosphorus: 12.86mg (1.29%), Vitamin E: 0.16mg (1.07%)